



8th May 2026

This Week at St Mary's...

A super week with our worship leaders heading off to Southwell Minster to find out more about developing in their role. Children across school enjoyed celebrating Sir David Attenboroughs 100th birthday, joining a live assembly as part of the day and singing happy birthday in our FAB assembly.

Whole school attendance this week...

96.7%

This week's awards go to...

Edie
Jasmine
Phoebe
David

Lois
Sophie
Archie
Holly

Grace and Sir David
Attenborough

Dates and Events

May

11th - 14th KS2 SATS week

15th Sports Enrichment Day

22nd Last day of term

June

3rd Return to School

House Leaderboard



Oak

161



Birch

160



Pine

162



Willow

128



School Dojo Leaderboard

Class 1: Aiyana

Class 2: Joshua

Class 3: Charlotte

Class 4: Fearne

Celebrating wider achievements

Harriet has had amazing week in gymnastics. Well done, Harriet!

Our Worship leaders also received certificates this week for their contribution to the Pupil Leaders Conference at Southwell Minster.

Well done to all.

Online Safety

To read the full version click here

Our fabulous Year 6 pupils take their SATS this coming week. We wish them all the very best.

We are all very proud of each one of you!

At The National College, our [Mental Wellbeing](#) guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [thenationalcollege.com](#).

10 Top Tips for Parents and Educators HELPING NEURODIVERGENT CHILDREN NAVIGATE THE ONLINE WORLD

Neurodivergent people tend to be early adopters of technology, and many influential innovators in this space are neurodivergent themselves. It's therefore likely that a neurodivergent child or young person may be drawn to the online world from an early age. This isn't a concern in itself, but understanding both the benefits and potential risks is essential. Here are ten key considerations to support safe and positive online experiences for neurodivergent children.

- 1 TREAT ONLINE LIKE THE REAL WORLD**

You wouldn't allow a child to cross a road without guidance or go to their friend's house with a pedestrian crossing, and it's the same way with online safety. In the same way, if you're going to let your child's first experience online should be supported by an adult who can guide and respond with and respect their digital behaviour to them from the outset.
- 2 MODEL RESPONSIBLE USE**

Children learn from what they see. Show all children, regardless of neurotype, what responsible internet use looks like. Reflect on your own use of social media and AI. Consider how often you use them and your own understanding of these platforms. Talk openly about when and why you use these tools, helping all children develop a balanced and informed approach.
- 3 KNOW YOUR LIMITS**

Current government guidance suggests no solo screen use before the legal limit, with a maximum of one hour per day for two- to five-year-olds. Screen time can support communication and connection when shared with on- and off- but, however, passive watching can affect neurodivergent children's attention and language skills. Focus on the type of content they watch, rather than how long they spend on it, and encourage them to take breaks from fast-paced, overwhelming content.
- 4 CONSIDER AGES AND STAGES**

For older children and teenagers, agreed limits are important. Screen time can be beneficial, but it should form part of a balanced lifestyle. Neurodivergent children may find online communication easier than real-world conversation, supporting their social interaction. However, it shouldn't be their only option. Encourage a range of activities, including creative play, physical exercise, and opportunities for real-world connections.
- 5 KEEP CONVERSATIONS OPEN**

Discussions about online safety should begin early and continue as children grow. However, neurodivergent children may worry about getting things wrong, being misunderstood, or making these kinds of conversations about their neurotype. Some children may be more likely to talk to a trusted adult rather than a friend or peer. Encourage them to feel able to speak to a trusted adult without fear of judgement or embarrassment.
- 6 BUILD YOUR KNOWLEDGE**

You aren't expected to be an expert, but it's important to stay informed about the platforms, games, or apps neurodivergent children use in order to provide practical support. Social media profiles often have age limits, and many apps and games offer parental settings that can control access to chat and friends lists. However, it's important to understand these tools, helping neurodivergent children use them safely while opening up to their own features and changes.
- 7 SET CLEAR BOUNDARIES**

Children and young people often know more about current technology than adults, meaning it's important to recognise that controls may be helpful. Consider how often you use them and your own understanding of these platforms. Talk openly about when and why you use these tools, helping all children develop a balanced and informed approach.
- 8 UNDERSTAND AI CONTENT**

The internet now includes large amounts of AI-generated content, including images, videos, and audio. These can be difficult to identify. Children should be encouraged to question what they see and check the information using trusted sources. Neurodivergent children may interpret content differently, meaning adult guidance is important in helping them recognise what's real and reliable – and what isn't.
- 9 EXPLAIN AI LIMITATIONS**

AI isn't the same as a search engine. It generates responses based on prompts and patterns, and its accuracy depends on how it's used. Sometimes, it can be helpful or educational, but it's not a substitute for human expertise. Both adults and children need to understand this and learn how to check information carefully using reliable and trusted sources.
- 10 CLARIFY AI RELATIONSHIPS**

AI can feel conversational and personal, but it's not a friend or a real relationship. It's important to help children understand that AI isn't a person and that it's not a substitute for human relationships. Encourage them to use AI as a tool rather than a friend, and to understand that AI isn't a person and that it's not a substitute for human relationships. Encourage them to use AI as a tool rather than a friend, and to understand that AI isn't a person and that it's not a substitute for human relationships.

Meet Our Expert
Caitlin Lewis is a neurodivergent former SENCO and Advisory Teacher who works with nurseries, schools, colleges, and businesses to improve inclusion for neurodivergent people. She is the Founder and Director of Neuroteachers and the author of 'The One 24 - How Supporting Your Neurodivergent Learner Can Improve Teaching and Learning for the Whole Class'.

#WakeUpWednesday The National College

See full reference list on our website

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FOREST SCHOOL UPDATE

Today's Forest School focused on teamwork and problem solving for our Year 6 pupils. We worked in teams to rescue medical supplies from "quicksand" using only a rope, encouraging communication, cooperation and creative thinking. Our second challenge involved moving tyres using logic, planning and lots of teamwork to succeed.

We still had time for some den building, where pupils showed great imagination and collaboration, as well as trying out the ladder climb into the trees, using both strength and agility. A fantastic session full of resilience, teamwork and outdoor learning.

Thursday afternoon is now definitely my favourite part of the week! Watching the children challenge themselves, work together and grow in confidence during Forest School is always such a highlight.

🌿 Mrs Lee 🌿

' Not all Classrooms have four wall'



THANK YOU - We have already received some kind donations from this wishlist!

We are very grateful for all the donations we receive into school - it really does make a difference!

If you would like to help school out, we keep our wishlist updated regularly.

[CLICK HERE](#)





TAKEHOME



Why do some people become so important to the world?



In the news this week

Sir David Attenborough, a famous naturalist and broadcaster, is celebrating his 100th birthday. For over 70 years, he has created and presented programmes that help people understand animals, nature, and the planet. His work has inspired millions of people to learn more about the world and take care of it. Many people are celebrating his life and the difference he has made.

Things to talk about at home ...

- > Who is someone you think is important? Why are they important?
- > What has David Attenborough done to help people understand the world?
- > How can we learn about places and animals we can't see ourselves?
- > Do you think you have to be famous to make a difference? Why?
- > Can you share something you care about and would like others to care about too?

Please note any interesting thoughts or comments

Share your thoughts and read the opinions of others

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The Power of Puppets!

As you know, Sir David Attenborough is turning 100. Throughout his life, he has inspired millions! But he's not the only one whose ideas are still inspiring others 100 years later. The Young People's Puppet Theatre (YPPT), based in St Albans, England, was founded in 2015, and inspired by a puppet theatre created 100 years ago in Germany by the great-grandparents of Caitlin Duschenes. Puppets are figures that can be moved using hands, strings or sticks to help tell a story. They come in all shapes and sizes and are enjoyed all over the world - from traditional shadow puppet shows in Indonesia, like Wayang Kulit, to shows made by children with YPPT across London and the east of England. YPPT works



Pictured: A traditional shadow puppet show in Indonesia, called Wayang Kulit. **Source:** Canva.

with schools, helping children make their own puppets, build simple sets and take part in shows. Each child creates a character and works with others to bring a story to life. Caitlin said puppetry was wonderful, but it was 'more about what it does for the children and the doors it unlocks for them', helping children tell stories and share a little happiness - just like Sir David! **Have you ever seen or created your own puppet show?**

Couch to 5K Turns Ten!

Have you ever started something that felt a bit tricky at first, but got easier the more you practised? The Couch to 5K app is turning 10, and it has helped lots of people take their first steps into running! The app (which has been downloaded over 8 million times) gives simple steps to follow. It starts with walking, then adds short runs, followed by more walking. Each time, the running gets a little longer and the rests get shorter, helping people build up slowly, feel more confident, and run 5km without stopping. Some familiar faces from the BBC shared a special video to wish the app a happy birthday. They



Pictured: Someone running! **Source:** Canva.

talked about what running and using the app has meant to them. Romesh Ranganathan said, 'It is great for physical health, but mainly for me, for my mental health', and thinks everyone should give it a go. **Talking of movement and feeling good, are you joining us on 14th May for the Big School Live Workout with Joe Wicks for Mental Health Week?**

Is it ever too late to try something new?



If you set your mind to something and trust and believe in yourself, you can achieve great things, no matter your age! **Elm Class**

Let us know what you think about this week's news

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help@picture-news.co.uk

[/picturenewsprimary/](https://www.instagram.com/picturenewsprimary/)

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Book Fairies

The Book Fairies are celebrating an impressive milestone - they have just given away their 6 millionth book! The non-profit organisation collects books in good condition and redistributes them to schools, educators, and community partners in the New York area. Since it was set up in 2012, volunteers in Hicksville, USA, have spent thousands of hours sorting millions of books donated by community members, bookstores, publishers and authors. 'A single book can spark imagination, inspire a



Pictured: Children reading alongside The Book Fairies moto. **Source:** The Book Fairies on Facebook.

reader, and change a life,' posted The Book Fairies. They also commented, 'Each one representing a child, a family, and a community impacted through the power of literacy. We're so excited to continue that impact by getting even more books into the hands of those who need them most. Reaching 6 million books is no small feat, and it wouldn't have been possible without the incredible support of our volunteers, book donors, financial supporters, board members, and dedicated staff.'

Do you enjoy choosing your next book to read?

What do you do with books that you no longer need?

Could you find out where you could donate them?



Pictured: The Book Fairies celebrate distributing 6 million books. **Source:** The Book Fairies on Facebook.

Titanic Treasure

A lifejacket worn by a Titanic survivor has been auctioned for £670,000! The lifejacket was part of a Titanic and White Star memorabilia sale, held at Henry Aldridge & Son Ltd Auctioneers & Valuers in Wiltshire. The lifejacket has been on display at the world's largest Titanic Museum in Pigeon Forge, Tennessee, and at the Titanic Belfast Museum. Also auctioned were a gold watch from the personal effects of a wealthy businessman for £180,000, and a lifeboat seat cushion, featuring an original White Star burgee plaque which sold for £390,000. Andrew Aldridge, from the auction house, said, 'Quite simply this lifejacket presents a once in a generation opportunity for collectors, it's the only example to ever be offered for auction from a Titanic survivor...



Pictured: The lifejacket worn by Titanic survivor, Laura Mabel Francatelli, alongside a rare photograph from Lifeboat 1, where she is pictured with the Duff Gordon family and fellow survivors. **Source:** Titanic Belfast on Facebook.

Although [the] Titanic sank 114 years ago, every man, woman and child onboard had a story to tell so in essence we have over 2,200 chapters and today we present those stories through these pieces of memorabilia. The lifejacket is without doubt one of the most iconic items from the Titanic ever to be offered for auction.'

Do you think saving memorabilia from historical events is important for all of us?

Is it ever too late to try something new?



You should never feel too old to try something that you want to do. But you also shouldn't wait, because if you love it, the sooner you start, the longer you can enjoy it!
Nina

Let us know what you think about this week's news

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help@picture-news.co.uk

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